



Warm Up: **Back Day!**

- Band Rotator Cuff Activation
- Lock 3 Movements
- “The Stretch”
- PVC Torso Rotation/Lat Stretch
- Foam Roll Lats, Traps, Rhomboids
- 10 DB S/A OH Mobility(ea)
- Two :10 Bar Hangs(Decompression)



Alt EMOM: 10 Mins

Group A

- :30-45 Bar Hang

Group B

- 6-14/10-18 Cals Rowed

2:00 Rest/Transition

EMOM: 20 Min Cap

Even - Cap @ 80 Reps

- AMRAP Strict Pull Ups

Odd

- Rest

If Finished → Bike @ 50-60%



TDb S/A Low Row:

3-5 Sets w/ 1:00 TOR

- 8-12 Reps @ Max

Trunk Work: R-O-T

- 10 Hip Dips(ea)
- 10 Bird Dogs(ttl)
- 10 Hollow Rocks



